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Food and Home Notes

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What is the highest quality of nonfat dry milk? USDA has established grades and the highest quality is designated U.S. Extra Grade. Look for the shield.

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Cream ranges in milkfat from 18 percent for table or coffee cream to 40 percent for heavy whipping cream. Cultured sour cream usually has about 18 percent fat.

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Like shallots in your salads? It's just a small onion of the multiplier type—its bulbs have a more delicate flavor than most onions.

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Have you ever heard of a "golden ball" vegetable? Or maybe you've heard it called "orange jelly"? It's a rutabaga—the most popular yellow-fleshed variety.

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Be very careful in gathering wild plants that look like the parsnip. You may pick up water hemlock (*Cicuta*) instead—and it is poisonous.

USDA SURVEY REPORT —on Dairy Products

Obviously, there is much misunderstanding about the percentage of fat in dairy foods—according to a nationwide sample survey as reported by the Statistical Research Service of U.S. Department of Agriculture.

Regular whole milk, which is about 3.5 percent fat, was incorrectly described as containing 20 percent or more fat by seven in 10 homemakers. Low-fat fluid milk was the only product for which many homemakers gave an accurate answer in the recent report. Perhaps, the reason for that is the label on some low-fat milk indicates the fat content.

A majority of homemakers credited regular whole milk with building strong teeth and bones and labeled it high in calcium and important in a balanced diet. Surprisingly, 8 in 10 respondents said adults should drink at least two glasses of milk a day—the amount recommended by USDA.

These opinions from homemakers as interviewed for this survey included 2,219 homemakers from a cross section of private households throughout the conterminous United States.

BLANCHARD SPRINGS CAVERNS

TRAVEL USA: ARKANSAS

Called one of the "most extraordinary" cave finds of the century, the Blanchard Springs Caverns on the Ozark National Forest area of Arkansas is an ideal place to visit in late summer. Open to the public in early July, visitors are now able to go 200 feet underground and see a fantasyland of flowstone, columns, pillars, stalactites, stalagmites, crystals.

It's an unusual attraction because you don't ordinarily expect to find developed caves on a National Forest. And this is the first, and only, one on any National Forest.

You can visit the Dripstone Trail — a tour developed to take 90 minutes which covers its length of seven-tenths of a mile winding through the Cathedral Room with giant columns, popcorn crystals and opera box arrangements of stalactites and stalagmites. The Coral Room features a coral pond of lacy calcite rimstone terraces in still, shallow water. The trail also goes beside a soda straw alcove with a maze of overhead hollow stalactites.

The Forest Service of the U.S. Department of Agriculture has a phased development program of the Caverns underway. Development plans also include scenic roads and recreation facilities on the White and Buffalo Rivers.

Blanchard Springs is in an area noted for its limestone caves. It was originally known as Half-Mile Cave since it was half a mile from Blanchard Springs where an underground stream came out of the side of a mountain. Civil War Veteran John Blanchard operated a grist mill near the springs and used the water for power.

Historically, the first record of the twentieth century entry into the cave was in 1934 when Forest Service Recreation Planner Willard Hadley entered the caverns with the help of some Civilian Conservation Corps enrollees. Roger Bottoms of West Helena, Arkansas, actually explored the caverns, beginning in late 1955. He and two others found the skull and bones of an early Indian cave visitor—they also saw footprints, reeds and a pine torch.

The caverns were closed in 1963 — just ten years ago — so the development program could begin. The Forest Service program covers the entire 129,000 acre district and visitors to the Caverns will have other things to see and do. Blanchard Springs is on the Sylamore Ranger District near Mountain View, Arkansas, considered by many folk scholars as the cradle of anglo-saxon folk culture in America. The Caverns complex itself covers 6,000 acres.



JUST PLAIN BASIC

—Simple Home Repairs

Need help? Do your doors squeak, stick or drag? Maybe you've got a lock that doesn't catch? A leaking faucet? Some of us just don't know the first thing about the tools to be a "fix-it" person -- or what to do if we did have the tools. "Anyone can", they say.—But you need a step-by-step version if you really ARE a novice at taking care of your own household emergencies! Now we have it. Good, basic information in a booklet.

If you just need to do some small repair jobs around the house, you will appreciate a new basic approach to Simple Home Repairs just published by the U.S. Department of Agriculture's Extension Service. It tells you how you can fix that leaking faucet or fill the crack around the bathtub or shower.

There is a section on using basic tools, covering the handling of a standard-size (12/13 ounce) claw hammer, screwdrivers, slip-joint pliers and an adjustable wrench. A handsaw with about 10 teeth is suggested for most household work. Special nails, screws, and bolts are made for various purposes -- and it helps to know which is for what! Molly screws and toggle bolts are even sketched so you can tell what they look like and how they are to be used. It's really a basic "how-to" for the homeowner or apartment dweller.

If you really need to fix a problem door, the booklet gives hints on what makes the door squeak, stick or drag or why it doesn't close properly. It also tells you what to do if the lock does not catch.

This handy booklet was put together by a Housing Specialist, Extension Service, U.S. Department of Agriculture and is available by writing to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price 40 cents. However, you may pick it up at any Government Printing Office Bookstore in your area for 25 cents.

COMMENTS AND INQUIRIES TO:

Shirley Wagener, Editor of Food and Home Notes, Press Service, Room 535-A,
Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250
Or telephone 202 447-5898.